

# Facets

January 2012

## Start 2012 on the right foot

**Find out how  
this woman got  
on the path to  
fitness — and  
stayed there**

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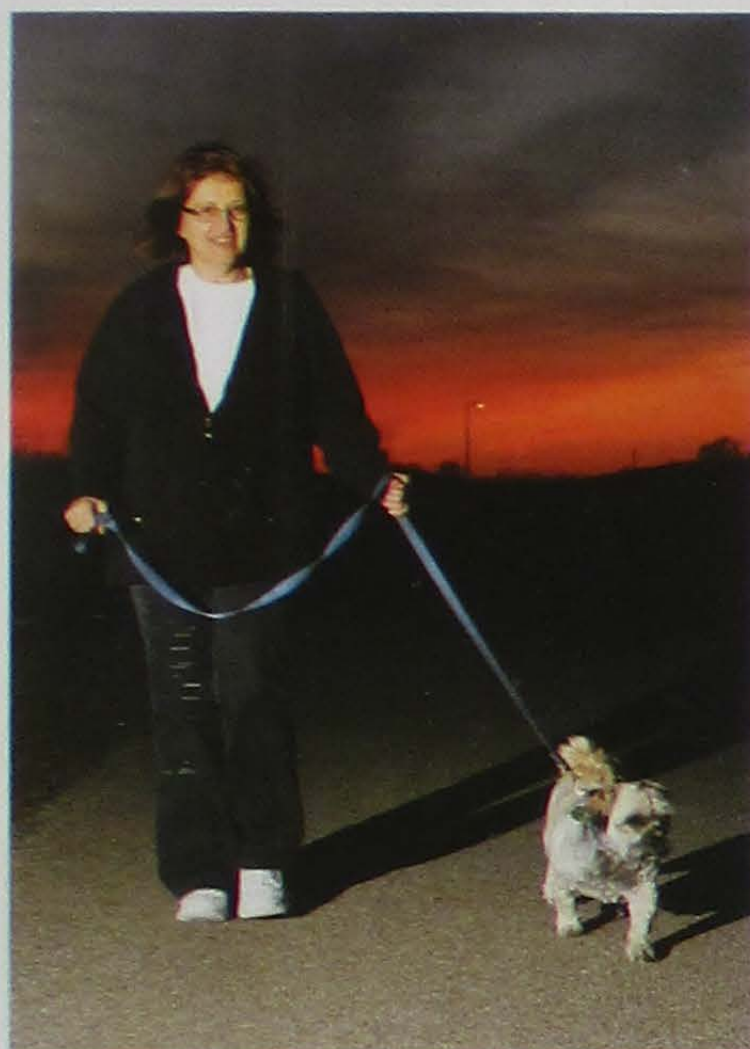
- Session 1 - 60 minute consultation with biometric screening, individual
- Session 2 - Portion Distortion and Volumize Your Plate, group class
- Session 3 - Nutrition store tour, group class
- Session 4 - Exercise, group class
- Session 5 - Individual, 30 minute consultation, measurements
- Session 6 - Fat and Sugar, group class
- Session 7 - Disease Prevention, group class
- Session 8 - Cooking Class, group class
- Session 9 - Emotional Eating, Plateaus and Weight Maintenance, group class
- Session 10 - Individual, 30 minute consultation with biometric screening



# Facets

**Fac•et** - n. 1. One of the flat surfaces cut on a gemstone.  
2. The particular angle from which something is considered.

## FEATURES



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Deb Gostele and her dog, Tucker, an energetic lhasa apso, take a walk for exercise at Ada Hayden Heritage Park in Ames. By Amy Vinchattle/Facets

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# A new, new beginning

**I**t felt like the devastating end to everything I cared about.

Weeks before my dreaded 30th birthday, my best friend and boyfriend of five years ended our relationship, also cutting the close ties I had with his two sons.

It took a few months to see a new beginning.

I remember my first thoughts, after it sank in that I had to move on: that I had to start taking care of myself. This meant managing the depression I was diagnosed with in my early 20s.

I had stopped taking medication when I was 25. For the next five years, I thought I was doing well without medication, and there were times when I was OK, but most of the time I was not — even when life was good.

After the breakup, I was sad, but I had actually started a de-



JENNIFER MEYER

pressed cycle months earlier.

I started taking long walks a couple of days a week. It was one of the few things that helped clear my head.

It took me a while to get in to see a doctor, and then a few weeks to start feeling the benefits of my antidepressant. The effects made me sick for the first month, but I knew I had to stick with it.

After a few months, I felt "normal" and even happy again. I had also lost 45 pounds and

gained back the confidence I had lost when I had gained the weight because of poor diet, no exercise and irregular sleep and work habits during my mid- and late 20s.

I even started dating again.

I wish that was the happy ending. It makes a better story than admitting the backslide I had in 2011.

A stressful new job retriggered bad eating habits and made me forget to take my medication at times. My new relationship did not work out. And a couple of injuries kept me out of the gym for months, leading me to gain back all of the weight I was so proud of losing.

The setbacks are frustrating and the struggles are ongoing.

I am back on my medication now.

Exercise is also an important part of managing my depression. I started working out again, even though there are days when my depression steals all my energy for going to the gym.

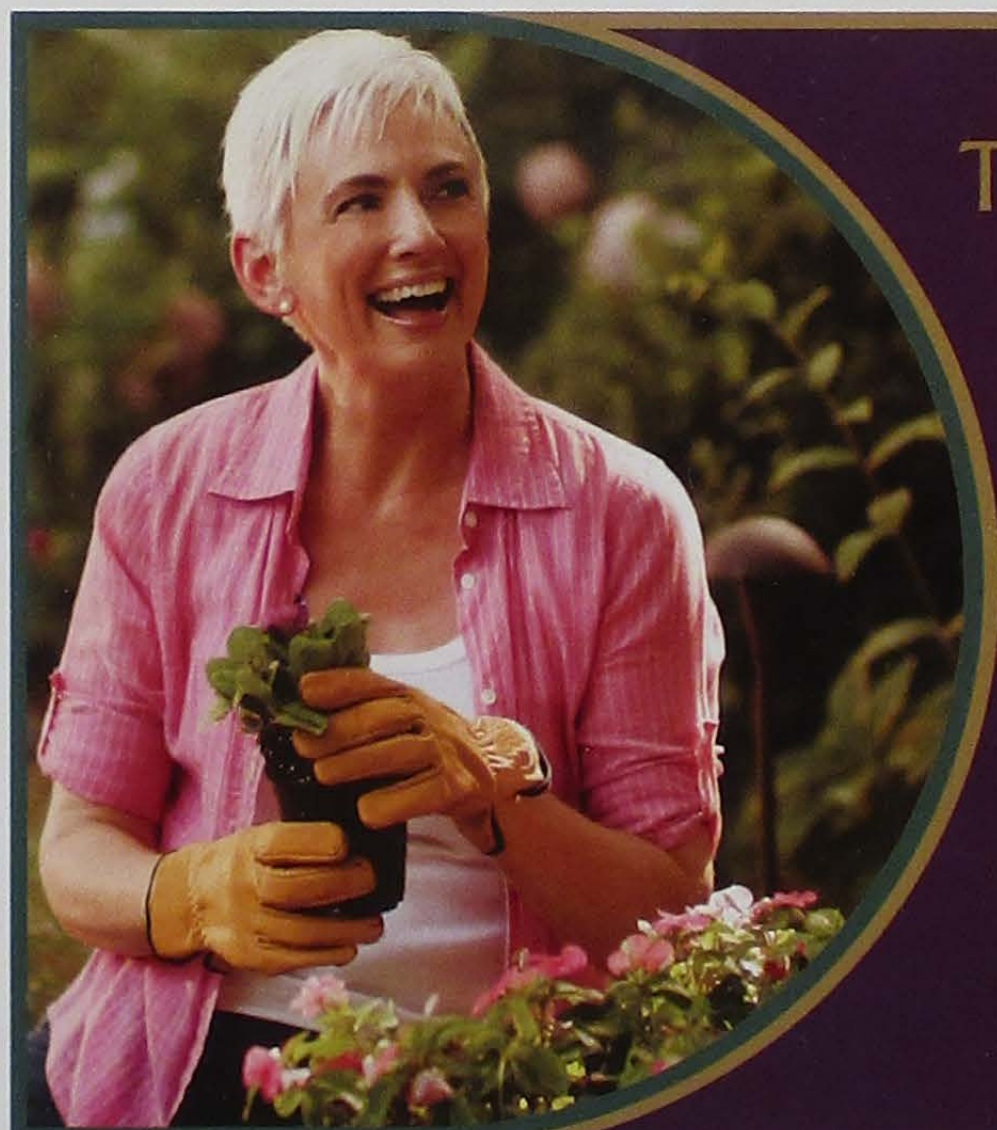
My personal trainer, Stephanie Broders, keeps me coming back, though, and is also teaching me to make healthier eating choices.

I have managed to shed 15 pounds of what I gained back. I am starting to feel good again, and looking forward to a new, new beginning in 2012.

Let this issue of Facets inspire you to make physical, mental and spiritual new beginnings for yourself in the New Year. ♦

Reach Facets Editor

Jennifer Meyer via email  
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## what we're into | JANUARY

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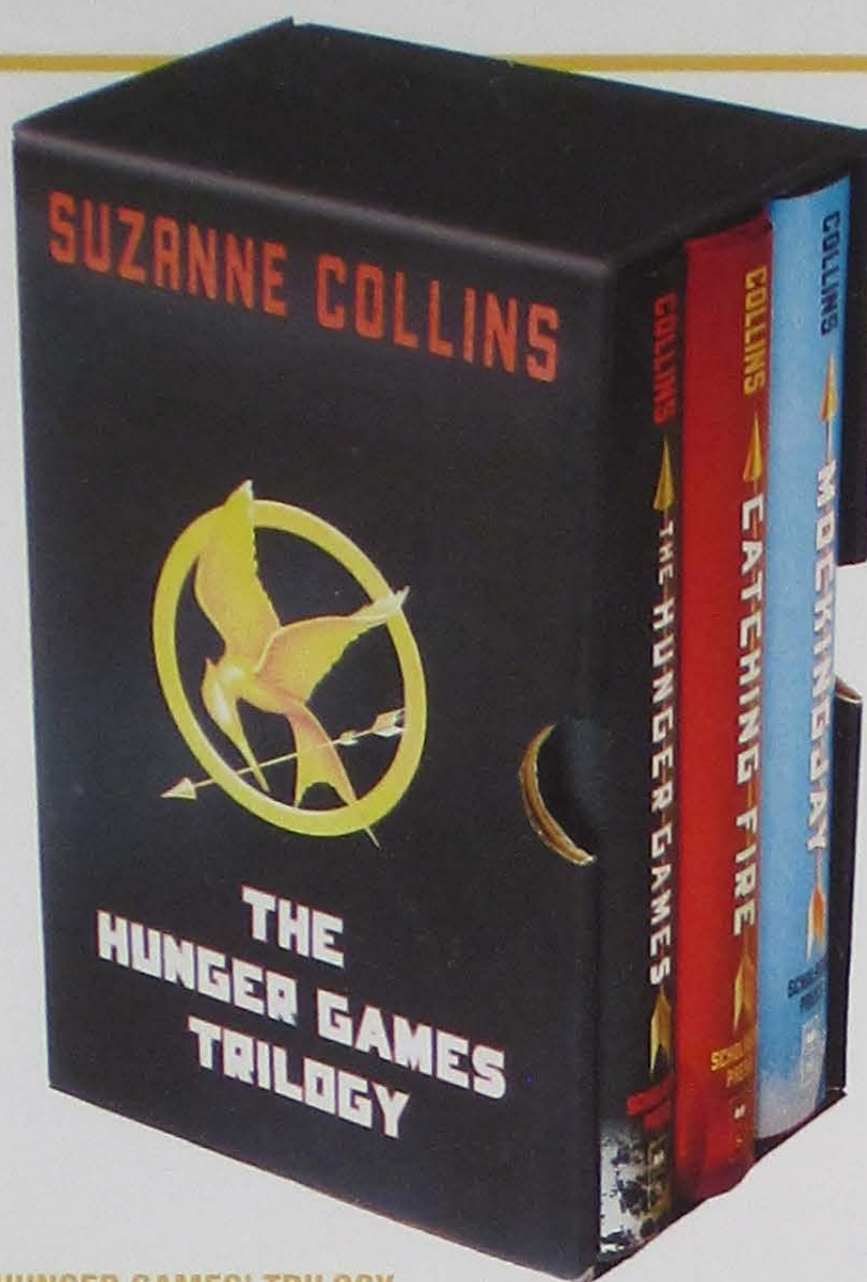
I love to add an unexpected pop to my winter wardrobe, and it goes with almost everything!

— Haley Pick, Ames, customer service representative at First National Bank

### 'THE HAPPINESS PROJECT'

I would suggest reading "The Happiness Project" by Gretchen Rubin. It is a great read on how to go step-by-step in the New Year to make your life happier. Rubin also has a great website, [www.happiness-project.com](http://www.happiness-project.com), where she gives daily advice on how to be happier.

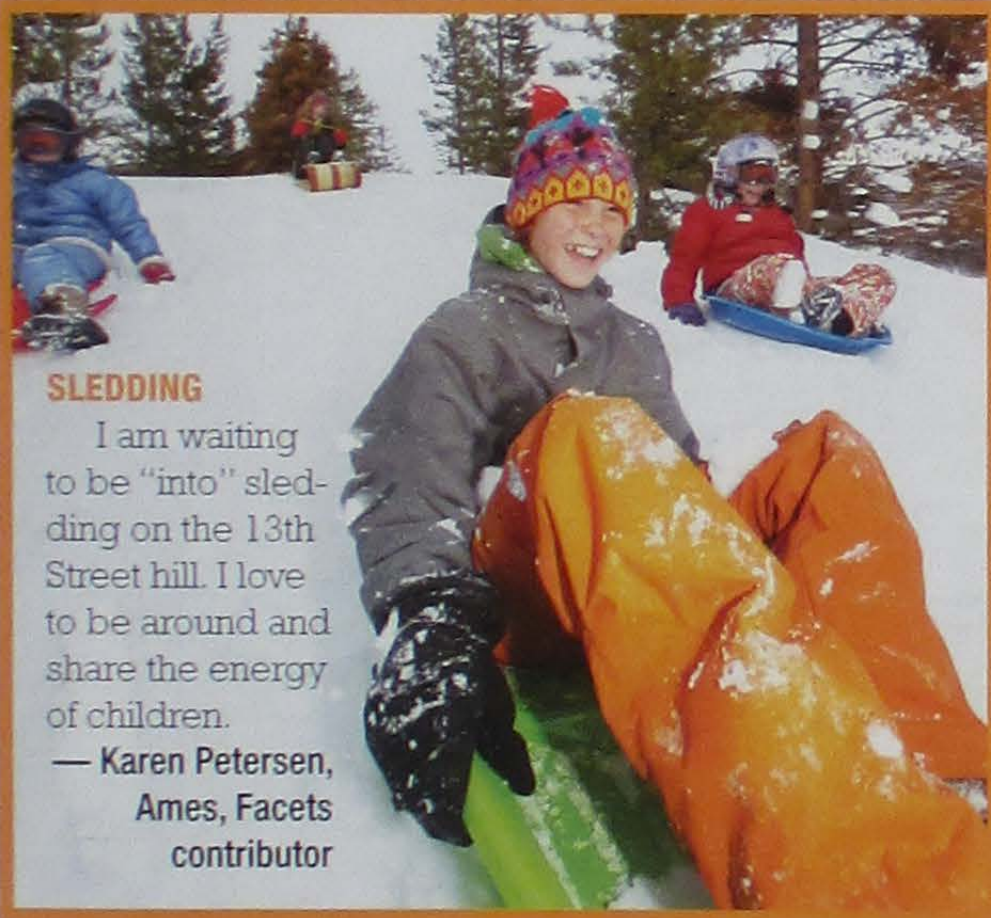
— Renee Klaus, Ames, office manager at Ames Center for Cosmetic & Family Dentistry



### 'HUNGER GAMES' TRILOGY

My daughter teaches reading at Ogden Middle School. She recommends the "Hunger Games" trilogy. It is a great set! You won't be able to put it down. Best of all, the movie will be out in March.

— Flora Reinsch, designer, The Sun



### SLEDDING

I am waiting to be "into" sledding on the 13th Street hill. I love to be around and share the energy of children.

— Karen Petersen, Ames, Facets contributor

### UTILITY BOOT TRAYS FROM LOWES

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— Katherine Kerns, Ames, owner of Miss Meyer's consignment

### BAKING

Bake some brownies or cookies and drop them off at Israel Family Hospice House. There is a hospitality table for visiting families and friends.

— Peggy Best, Ames, Facets contributor

### SALTED CARAMEL HOT CHOCOLATE

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— Karin Chitty, Ames, office manager at Converse Conditioned Air



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# A fitness resolution

## How one woman got on the path to fitness — and stayed there

BY KATHY HANSON

**H**efting 35 pounds of weight with dumbbells is not in Debra Gostele's formal fitness plan. Sometimes it is just what she needs to do, however, to appreciate how far she has come in less than a year.

"I was carrying that much extra weight on my body a year ago," Gostele, 54, said. "I'll never go back to that."

Gostele, a registered nurse in McFarland Clinic's cardiology department, said she knew the 70 extra pounds that had crept onto her 5-foot-5-inch frame over the past 12 years were taking a toll. With each additional pound, Gostele felt less energy to play with her three young grandchildren or to do much of anything outside of work.

"I would come home and just sit," she said.

An elevated fasting blood glucose level that showed during Gostele's annual check-up in fall 2010 jolted her to take action, she said.

"My mom has struggled with (adult onset diabetes)," she said. "I didn't want to go through that."

About that time, Gostele learned of the American Heart Association's Go Red for Women Challenge. Knowing her father lives with heart disease, Gostele said it did not take much to persuade her when friends encouraged her to fill out the application.

"I don't know what made me stand out," she said. "But I'm glad I did. I was one of 10 women selected for the challenge."

Gostele said the challenge gave her access to a gym, to Registered Dietitian Sarah Haveman from Mary Greeley Medical Center, and a personal trainer for 10 weeks, all designed to kick-start a lifestyle transformation.

Not one to crave the limelight, Gostele said the whole process — and especially going to the gym — seemed a bit daunting until personal trainer Debra Atkinson, from Ames Racquet and Fitness Center, boiled down Gostele's goals into fathomable starting points.

"Then (personal trainer) Jason Cornish took over and personalized my program," Gostele said. "We really clicked, and that made all the difference."

Cornish helped Gostele face the next challenge of figuring out the equipment and putting her body through the paces, she said.

"At first, I was only comfortable on the treadmill," she said. "Then Jason tailored a program for me that included weights. When he felt I could progress, he pushed me to do more."

There are times, however, when Gostele's motivation flags, she said.

"I know this weight loss journey is not a sprint; it's a marathon," Gostele said. "It took 12 years to gain the weight. I hope it doesn't take that long to get it off."

Co-worker Erin Hackett pointed out Gostele was halfway to her weight-loss goal in less than a year.

Hackett, a registered nurse who has known Gostele for more than five years, said weight loss is just one benefit of Gostele's transformation.

"Although I've always considered her to be a happy person, now she's quite chipper," Hackett said. "She has a 'just do it' attitude."

Hackett said the pair even participated in the most recent Midnight Madness, which is Ames' annual road race for runners and walkers of various levels.

Gostele said, for the sake of the record, "We came in second to last," eliciting a quick retort from Hackett.

"Just think, if you do it next year, you'll be

so much faster," said Hackett, who admits leaning on Gostele for motivation to make healthy choices.

The cardiology department does not isolate staff from lifestyle hazards, for example, Hackett said.

"There's always some kind of treat in the break room," she said. "Watching how Deb makes food choices keeps me motivated. I tell myself, 'If Deb can do it, I can do it.'"

Gostele said her choices do not lead to a sense of deprivation.

"I've learned that no foods are out of bounds," she said. "I know if I really want something, like a slice of pecan pie on Thanksgiving, I can have it. I just can't have it two days in a row."

Gostele said she added a few simple tricks to her fitness repertoire, like taking smaller portions, skipping second helpings and choosing soup instead of fries when eating out.

Gostele's new habits are slowly rubbing off on her husband, David "Gus" Gostele, who is semi-retired, and does most of the grocery shopping and cooking.

Gostele said her grandchildren — and her Lhasa apso dog, Tucker — reap the greatest benefit from her lifestyle transformation and new-found energy.

"I'm not a tired grandma anymore," she said. "I'm a lot more fun. And now, instead of plopping down on the couch after work, I have Tucker wagging his tail at the door eager for his walk around Ada Hayden."

Gostele said if people see her at the gym handling 40 or 50 pounds of weight, they should not be intimidated.

"That's just me keeping a visual of how much weight I've lost," she said. ♦

Reach Kathy Hanson via email at [hansonkathy@mac.com](mailto:hansonkathy@mac.com).



A full-page photograph of a woman with short brown hair and glasses, wearing a black zip-up jacket over a white shirt and dark pants, walking a small, scruffy dog on a blue leash. They are on a paved path at sunset, with a vibrant orange and red sky in the background. The woman is smiling and looking towards the camera. The dog is a small, scruffy breed, possibly a Lhasa Apso, and is walking ahead of her.

## GO RED FOR WOMEN

Debra Gostele's life transformation through fitness and weight loss has motivated her to ramp up her involvement in Go Red For Women. She is co-chair of this year's Ames area challenge.

The Go Red For Women movement works to make sure women know they are at risk for heart disease, so they can take action to protect their health.

The American Heart Association has found that only 55 percent of women realize heart disease is their No. 1 killer, and less than half know what are considered healthy levels for cardiovascular risk factors like blood pressure and cholesterol.

Women who are at least 18 years of age and live or work in or near Ames may apply to participate in the challenge at [amesgoredforwomen.org](http://amesgoredforwomen.org) by Jan. 20.

The application process will ask for detailed information about diet and exercise habits, how home or work environment contributes to or challenges your health, and your readiness to embark on a fitness program.

The challenge program will choose 10 to 15 area applicants to participate in a 10-week program of health, nutritional and exercise assessment and advice, including a cardiology evaluation, blood work, visits with a dietitian and personal trainer, and a 10-week fitness club membership.

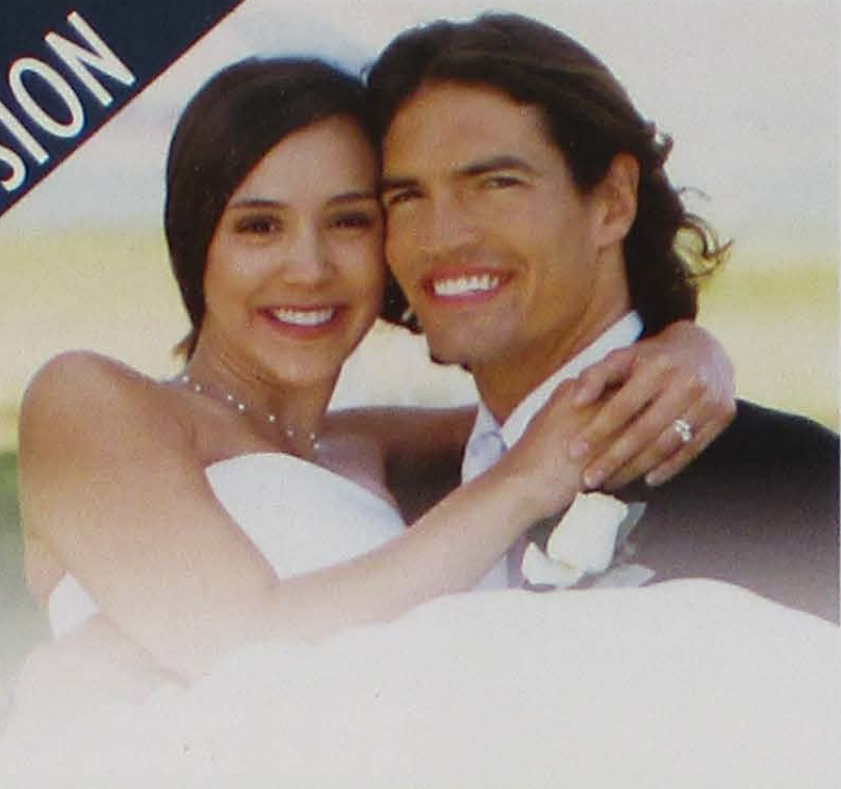
By Amy Vinchattle/Facets

Deb Gostele and her dog, Tucker, an energetic lhasa apso, take a walk for exercise at Ada Hayden Heritage Park in Ames.

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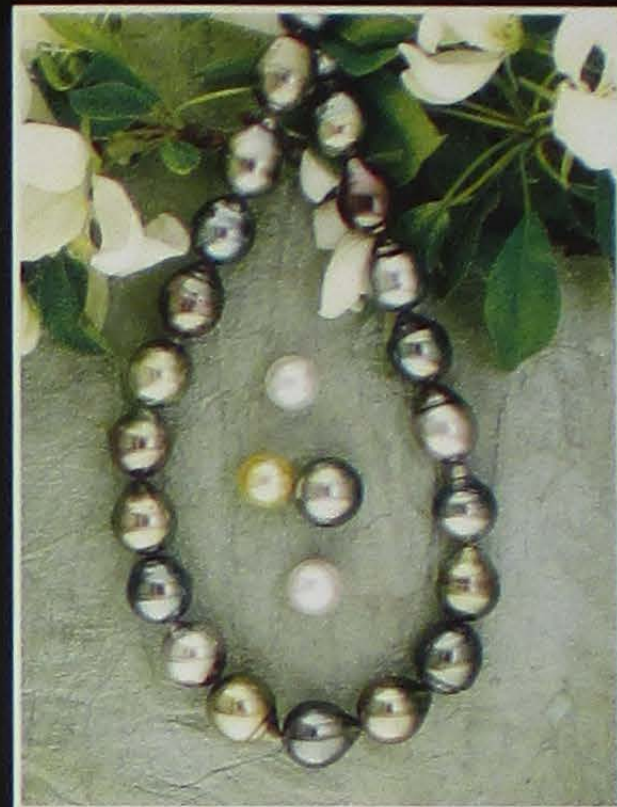
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# A new kind of therapy for depression

BY JENNIFER MEYER

She speaks about her lost energy and the interest she once had for favorite activities.

A tone sounds from a computer behind the doctor's chair in which she sits. A few seconds later, as an electromagnetic coil next to her head hammers at 40 pulses per second, her forehead twitches and her lips quiver.

The hammering stops, and she speaks about the joy she once had for life.

Ann, who asked not to be identified by her real name, successfully managed her depression with medication for 25 years. But about two years ago, the 54-year-old Ames mother started experiencing side effects from her antidepressants, including tension headaches and bodily "jerks" that kept her awake at night.

Now, an emerging therapy, approved by the Federal Drug Administration in 2008, could give Ann her life back. She received her first treatment of transcranial magnetic stimulation, or TMS, in early December at the Ames psychiatry office of Dr. James Trahan.

Trahan's was the first office in Iowa to purchase the technology in February, and remains one of only two psychiatry practices in the state with a TMS machine. NeuroStar, the only manufacturer approved by the FDA, says hundreds of health providers across the United States offer this treatment.

For Ann, the treatment could "make all the difference," she said.

Doctors tried other antidepressants after Ann's reaction, but none fully treated her depression. She underwent a course of electroconvulsive therapy, formerly called electroshock therapy, but said, "I'd really have to be a lot sicker to do (it) again."

During Ann's first TMS treatment, Trahan told her, "Hopefully, in another four weeks, you'll be singing the praises of TMS."

Trahan said he's already seeing the benefits of TMS for patients with severe depression who do not respond to antidepressants.

"Other than the pain of stimulation, there are no side effects," Trahan said.

Staff at the Mayo Clinic, in Rochester, Minn., report minor side effects from the treatment, including headache, scalp discomfort, tingling, spasms or twitching of facial muscles, lightheadedness and discomfort from noise during treatment. In rare cases, patients suffered seizures and mania, according to Mayo Clinic staff.

Trahan's nurse practitioner, Judy Gonzalez, said, "After a few sessions, it won't hurt anymore. We've even had people fall asleep." She recommends patients take acetaminophen or ibuprofen before coming in for the outpatient treatment.



By Jennifer Meyer/Facets

**Dr. James Trahan demonstrates with a member of his staff how patients with major depression are positioned to receive treatment from a transcranial magnetic stimulation machine.**

Despite any side effects, however, practitioners say TMS is a safer and less expensive alternative to electroconvulsive therapy, which anesthetizes patients before stimulating seizures. Electroconvulsive patients often experience short-term memory loss, are at risk for serious health problems, and cannot drive for four to six weeks.

Ann said she struggled with memory loss after electroconvulsive therapy. After a TMS treatment, she said, she found she could safely drive herself home and make dinner.

Trahan said electroconvulsive therapy can cost twice the \$9,000 to \$16,000 expense for TMS.

"TMS is a revolution for psychiatrists," Trahan said.

The machine works by causing the same chemical reaction in the brain as antidepressant medications, "but with an electromagnetic sledgehammer," Trahan said.

Antidepressants work by enhancing the transmission of chemicals, called neurotransmitters, from brain cell to brain cell. When an upstream cell reabsorbs neurotransmitters, such as serotonin or norepinephrine, there are insufficient chemicals in the synapses between cells to saturate the downstream cell, and the process is disrupted.

TMS targets the front left lobe of the brain, where this chemical reaction takes place. Trahan said the correct place, called an "affect center," is located by finding the area of the brain that controls thumb movement, and then following a line several centimeters away.

"Our whole task is to change the affect center's sensitivity to the neurotransmitters," Trahan said.

Patients typically require 20 to 40 treatments, given five days a week for four to eight weeks, he said.

Some research says transcranial magnetic stimulation improved depression symptoms, the Mayo Clinic staff said, while other studies have suggested it may not help.

The National Association for Mental Illness, or NAMI, reported that patients treated with TMS in a controlled clinical trial "experienced a significantly greater improvement in symptoms than patients treated with placebo." In an open-label trial, NAMI reported, 54 percent of patients treated with TMS experienced a "significant improvement in symptoms."

Trahan said of three other patients he has treated, two had full remission of symptoms and the third improved significantly, although some symptoms persisted.

At this point, Trahan said, Ann is "better than she was but not where she could be."

His goal: "We get her well, and then we maintain her." ♦

**Editor's note:** This article does not promote any medical treatment and should not be considered medical advice. All medical treatments should be discussed in advance with an appropriately credentialed medical practitioner.

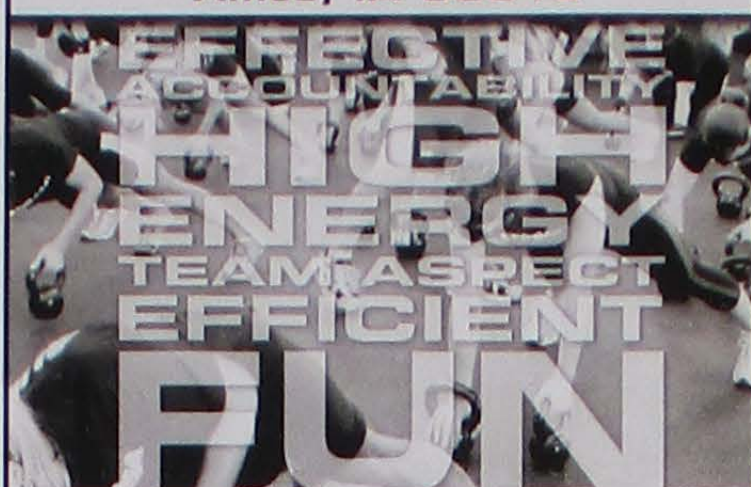
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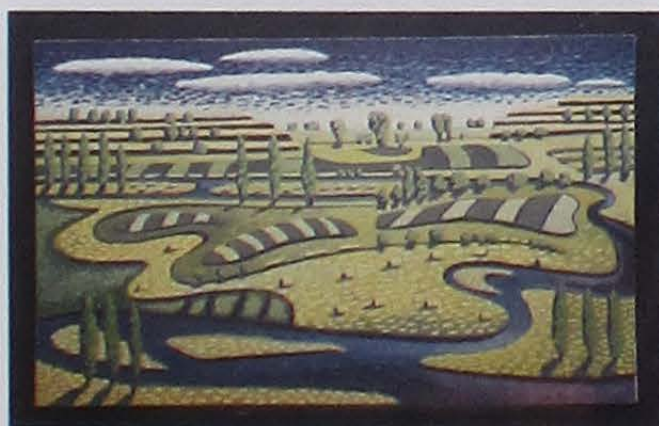
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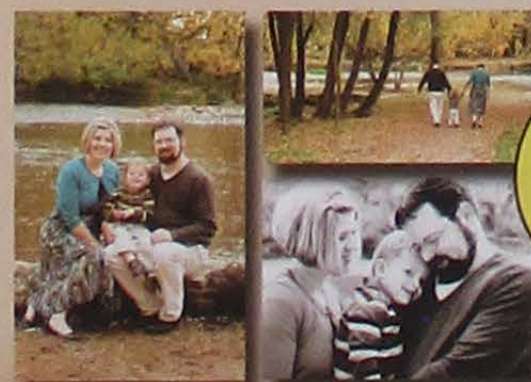
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**JANUARY 2012**

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|---------------------|--------|---------|-----------|----------|--------|----------|
| 1<br>New Year's Day | 2      | 3       | 4         | 5        | 6      | 7        |
| 8                   | 9      | 10      | 11        | 12       | 13     | 14       |
| 15<br>M.L. King Day | 16     | 17      | 18        | 19       | 20     | 21       |
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# Spiritual renewal

**Some ideas to help you on  
the road to spiritual renewal**

BY PEGGY BEST

**T**he heart, the part of us designed to energize the rest of who we are and what we do, longs for renewal and replenishment, said the Rev. David Staff, of the First Evangelical Free Church of Ames.

An ancient proverb says, "Anxiety in a man's heart weighs it down; a tranquil heart is life to the body."

Roughly half of the 15,000 thoughts an average person has each day are negative, according to the American Board of Psychiatry and Neurology.

When we become aware of negative thoughts, we can take action. The first step is to be aware and stop the thought. Eventually, we can replace it with a positive one.

Starting fresh can be as simple as getting out of bed in the morning or putting one foot in front of the other. But it can also require action, time to reflect and courage to change.

## **STAFF SHARED SOME IDEAS TO START THE PROCESS OF SPIRITUAL RENEWAL:**

- Ask a trusted friend what they do to renew. "Sometimes our best resource is someone nearby who is out ahead when it comes to personal renewal," Staff said.
- Turn off the "noise." Our heart longs for quiet. Television, radio and iPods all tend to ratchet up our anxiety rather than rebalance the center.
- Schedule time for yourself, for exercise and quiet reflection. "We keep appointments with medical professionals, financial counselors, etc., to tune up our lives," Staff said. It is just as important to schedule personal time to take a brisk walk, or a quiet 90 minutes in a coffee shop.
- Read and reflect. Target reading on things that will rejuvenate you. Then meditate

"Anxiety in  
a man's heart  
weighs it down; a  
tranquil heart is  
life to the body."

on how the ideas can recalibrate your thinking about life.

- Set simple goals for personal improvement. Resources, such as John Maxwell's "Today Matters," can help coach you through a process. When we set our sights on a way to improve ourselves, our heads lift and shoulders square.

- "Finally, communicate your plan with a friend and ask him or her to hold you accountable," Staff said. We all do better — even when it comes to renewal — with accountability.

Therapist Marty Martinez, at Iowa State University's Student Counseling Center, said spiritual renewal can also come from accepting what we cannot change.

"Oftentimes, a Christian's 'doing' equates to 'controlling.' Therefore, genuine spiritual renewal is a gift from the Holy Spirit experienced after our humbling," Martinez said. "For many of us, this humbling does not come easily or willingly. Rather, it comes from being 'broken.' Then is when we no longer 'do,' because we cannot. We simply fall onto our knees." ♦

Reach Peggy Best via email  
at [pegathome554@msn.com](mailto:pegathome554@msn.com).



# Beautiful skin in three simple steps

Welcome to a beauty column with a difference. We will offer beauty advice from the perspective of the educators who train future beauty professionals.

We are the educational staff of PCI Academy and have more than 100 years of experience working in salons and spas and in our academy. We teach hair, skin, nails and massage therapy.

We consider it a privilege to write this column for you and will do our best to share what we know, to search out the latest information and to challenge your thinking about beauty.

Let's start with skin. Skin is the largest organ of the human body, and yet it gets very little attention. Now, as the New Year begins, make it your resolution to learn more about your skin and to help it be more beautiful.

Simple steps to keeping your skin in good condition include the basics. Moisturize daily, not just your face, your whole body. Develop a skin-care routine for your face. Keep in mind that your face does not end at your chin; it includes your neck and any skin exposed above the neckline of your shirt. If you currently have no routine, start one step at a time.

## STEP 1 — REMOVE

Twice daily cleansing is best, but if you can only commit to once a day, that is better than nothing. When you cleanse your face, your cleanser should not leave your face feeling "tight" — that will be too drying on your skin. Your goal with cleansing is to remove dirt, excess oil and makeup.

## STEP 2 — BALANCE

After cleansing, the next (often skipped) step is toning. The purpose of toning is to rebalance your skin. Most toners also help with product absorption and aid in moisturizing.

## STEP 3 — HYDRATE

The key to finding a great moisturizer is experimenting until you find what is best for your skin. Invest in a few travel sizes to help you determine what you like best. Keep in mind that you will probably have to change moisturizers with the seasons. What works well in the winter months may feel too greasy



MARY CLARE  
LOKKEN



By Jupiterimages

Moisturize daily to achieve beautiful skin.

or heavy in summer. Make sure you use a moisturizer that protects your skin from the sun.

Products are designed to work best when they are from the same line, with specific items for specific problems. But sometimes you might not like the cleanser for dry skin because you prefer a bar to a cream. Take a mix-and-match approach within the product line that allows you to customize your skin care regimen.

Challenges like acne, aging, dry or oily skin, and so on can be helped with proper products for those types. Professional products (those sold at licensed salons and spas) tend to be more concentrated and therefore last longer even as they cost more.

In any case, you do not need a thick coat of any product for it to work. The product only works where it touches the skin, so having it a half-inch thick is a waste. Following directions on the packaging with the advice of a professional is always a good idea.

Chemical peels and microdermabrasion are advanced treatments that will aid the skin in remaining more youthful. Proper skin care before and after these treatments is very important.

Regular skin treatments, often called facials, are just as important as regular hair care and nail care. Give your skin the same respect you do your hair and nails by treating it to daily and regular professional care.

Love your skin and take care of it. You wear it every day. ♦

Mary Clare Lokken is the owner of PCI Academy in Ames. She writes this column after consulting with educators there. Reach her via email at [MaryClareLokken@aol.com](mailto:MaryClareLokken@aol.com).

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nourishment | **A HEALTHY RESOLUTION**



By Jupiterimages

Family meals help form healthy eating habits and are a great time for family communication.

## Make a family resolution to be healthier this year

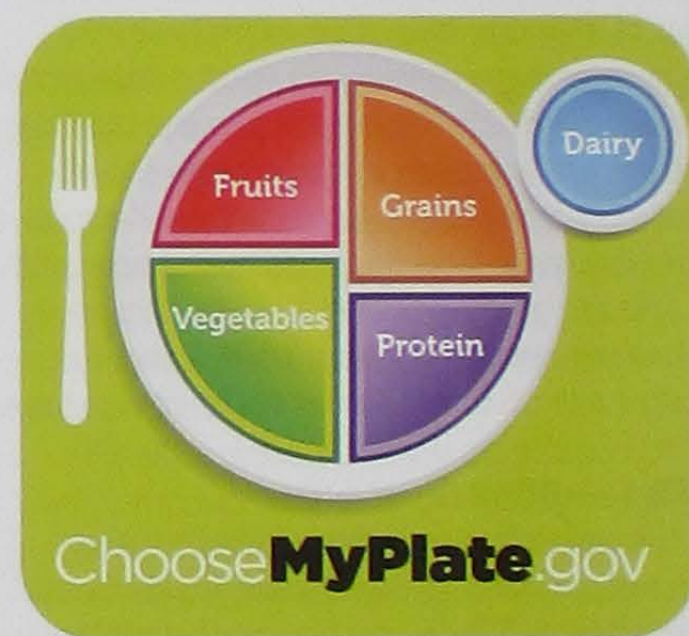
**J**anuary is the time for new beginnings and making resolutions to be healthier and happier.

Two of the most popular New Year's resolutions are to get in shape and to lose weight.

This new year, make a family resolution to eat healthy and get active. Use these 10 strategies to help improve your family's health.



**LAURA KIMM**



U.S. Department of Agriculture

**1 MAKE FAMILY MEALS A PRIORITY.** Family meals help form healthy eating habits and are a great time for family communication. Studies show meals together at home are higher in nutrients and lower in fat and calories than meals away from home.

**2 ROUTINES RULE.** Serve meals and snacks at regular times and do not offer snacks close to those times. Start off the day with breakfast and see that your family eats nutritious foods every three or four hours.

**3 KIDS CAN MAKE MEALS HAPPEN.** Children who take part in planning meals and grocery shopping are more likely to try new foods. Young children can help by setting

the table or washing fruits and vegetables. Older children can help look for recipes and create shopping lists. Set a goal to try a new fruit or vegetable each week.

**4 SNACK SMART.** Keep healthful snacks on hand. Most diets are often low in calcium and lacking in fruits and vegetables. String cheese, portable yogurts, dried fruits or crunchy vegetables can fill missing nutrition gaps.

**5 GO EASY ON PORTIONS.** Use MyPlate to judge what a balanced meal should look like. MyPlate allows families to easily gauge



## START THE YEAR OFF RIGHT WITH THESE HEALTHY AND DELICIOUS FAMILY MEAL IDEAS:

### ITALIAN CHICKEN PRIMAVERA CASSEROLE

Serves 10

- 1 bag (12 ounces) penne pasta
- 3 tablespoons vegetable oil
- 3 cups fresh broccoli florets
- 1 cup sliced fresh mushrooms
- 1 clove garlic, minced
- 1 can (14.5 ounces) diced Italian tomatoes, drained
- 2 cans (10 ounces each) premium breast of chicken, drained
- 3/4 cup pizza cheese

#### PREPARATION

Cook pasta according to package directions.

Meanwhile, in a large skillet, heat vegetable oil over high heat. Stir in broccoli, mushrooms and garlic. Sauté 5 minutes or until crisp-tender.

Reduce heat to medium; add tomatoes and chicken to broccoli mixture.

In a large serving bowl, stir together cooked pasta, cheese and broccoli mixture.

Serve hot.

Nutrition facts: 250 calories, 30 grams carbohydrate, 40 mg cholesterol, 2 grams dietary fiber, 7 grams fat, 19 grams protein, 480 mg sodium, 4 grams sugar.

### CRISPY CHEDDAR-RANCH CHICKEN

Serves 4

- 4 (3 ounces each) boneless skinless chicken breasts
- 1/2 cup light ranch dressing
- 4 cups cheddar harvest chips, crushed

#### PREPARATION

Place chicken and ranch dressing in a resealable plastic bag; shake to coat. Refrigerate 1 to 2 hours.

Preheat oven to 375 degrees. Spray a baking sheet with nonstick cooking spray.

Remove chicken breasts from marinade and discard marinade. Coat chicken with crushed chips. Place on prepared baking sheet and bake 20 to 25 minutes or until internal temperature reaches 160 degrees.

Nutrition facts: 220 calories, 8 grams fat, 1 gram saturated fat, 0 grams trans fat, 60 mg cholesterol, 330 mg sodium, 15 grams carbohydrate, 2 grams fiber, 3 grams sugar, 22 grams protein.

### FAST SEAFOOD ALFREDO

Serves 4 (one-cup serving)

- 1 (4.3 ounces) package Lipton Pasta Sides Whole Grain Alfredo
- 1 1/2 cups water
- 1/2 cup skim milk
- 1 cup trimmed fresh cut green beans
- 1 (8 ounces) package imitation crabmeat
- Fresh cracked black pepper to taste

#### PREPARATION

Prepare pasta according to package directions using water and milk. Stir in green beans during last 5 minutes of cooking. Stir in crabmeat. Season with black pepper.

Nutrition information per serving: 190 calorie, 34 grams carbohydrate, 15 mg cholesterol, 3 grams dietary fiber, 2 grams fat, 10 grams protein, 1 gram saturated fat, 760 mg sodium, 5 grams sugar, 0 grams trans fats.

proper portions. This includes half of the meal being fruits and vegetables; one quarter a lean protein; one quarter a whole grain; and a side of low-fat dairy. Never force family members to clean their plates, as this encourages eating for reasons other than hunger.

**6 TAKE INVENTORY.** Stock your shelves with a variety of foods. Put fresh fruit on the table or cut vegetables in snack bags so you can easily grab them when you are hungry.

**7 GET A MOVE ON.** Turn off the tube and turn up the fitness. Enjoy activity as a family. Do anything. Take a bike ride, go to the park, walk the dog, shovel snow or take swimming lessons.

**8 LIMIT SODA POP AND SWEETS.** Pop or sweets on occasion is fine. It's OK to have one cookie, but not the whole bag. If your family's first choice is pop or sweets, con-

sider a healthier alternative like water, milk, fruits or vegetables.

**9 SET LIMITS ON TELEVISION, COMPUTER AND VIDEO GAMES.** These activities do not burn calories nor do they promote physical activity. In fact, children who watch four or more hours of television per day are twice as likely to be overweight as children who don't.

**10 AVOID LOW-CALORIE OR FAD DIETS.** Practice good habits, not diets. Diets don't work; they are short-term solutions. The goal is to eat today the way you have to eat for the rest of your life. ♦

*Laura Kimm, RD, LD, received her bachelor's degree from the University of Iowa and completed her dietetics coursework and dietetic internship at Iowa State University. Laura works at Hy-Vee as a registered dietitian. Reach her via email at [lkimm@hy-vee.com](mailto:lkimm@hy-vee.com).*



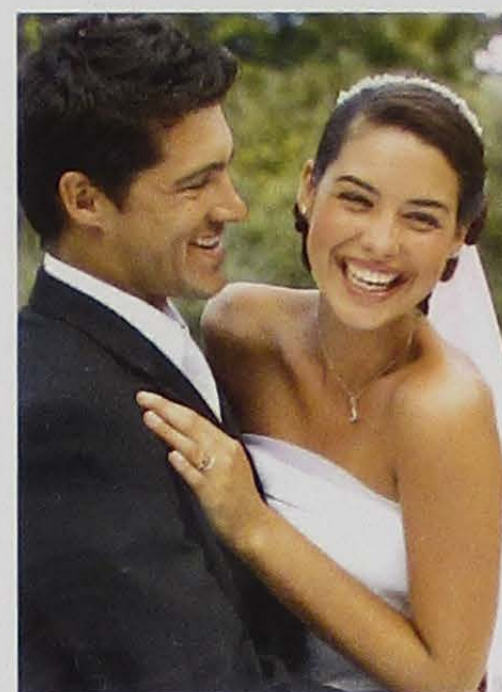
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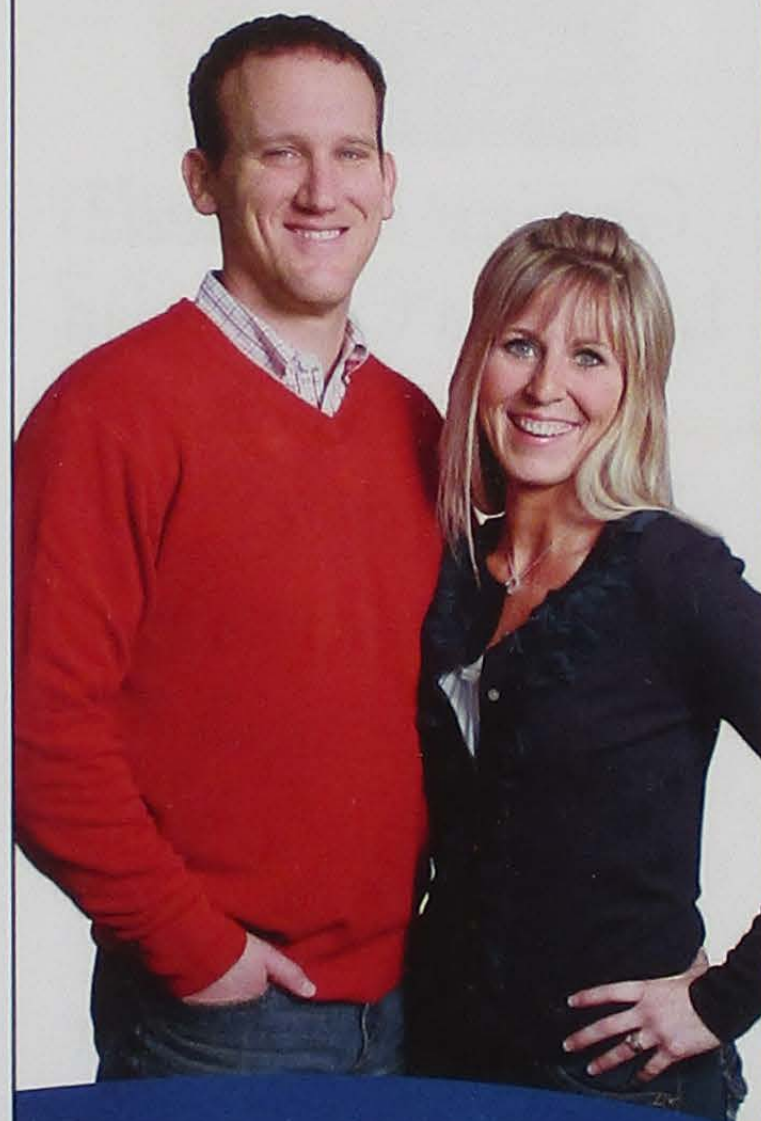
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**T** rue financial planning is more about values than it is about money. Income, expenses, credit rating, investments, a five-year plan or even a long-term retirement plan are secondary to your thoughts about what is really important in life.

Successful financial planning starts with your ideal life, considers the numbers, and then incorporates your practices and values.

Would you consider exposing your true self for the sake of personal financial planning? Using a more interesting and quotable term, I could ask, "Are you are willing to get naked?" Are you willing to really examine your values and how your values drive your financial decisions?

Here is the method and an example to help you get started:

## LIST GOALS

- Take my family to Disney World next summer.
- Add \$2,000 to each grandchild's college fund.
- Work fewer hours.
- Retire early to enjoy life and family.

## BEGIN TO VISUALIZE ACHIEVING YOUR GOALS

- Think about the fun and excitement of planning and enjoying Disney World with your family.
- Where will you invest the college money?
- Determine a date for early retirement.
- Imagine your retirement routine and activities.

## COLLAGE

Create a collage of the life you are planning. This collage can be an ongoing process; take your time, make it uniquely you,

and use your imagination to illustrate your life as a work of art. Here are ideas to get you started:

- Use personal photos and magazine pictures to capture your vision.
- Use markers, pens, paint, fabric, ribbon and ...
- Show important dates on a calendar.
- Collect postcards of your planned adventures.



**KAREN  
PETERSEN**

## EVALUATE

Now is the time to evaluate. Look at your beautiful, ideal collage. Does everything you illustrated make you smile? Which of these goals are really your goals? Goals should resonate with your values.

It could be that, as you consider your collage, you find your actual situation is not quite like you imagined. It could be that some of your initial thoughts are not quite so appealing.

Disney is funded because your parents saved and gave up pleasures; you definitely want to share that money to create family memories.

You might value hard work and want to give your children and grandchildren the chance to earn their education. Or it could be that you appreciate having a job that is for the most part satisfying and challenging and supports your family and your future life.

So let's rethink that collage. Create a collage filled with images that represent your values, a collage that is really you and makes you smile each time you look at it.

It is easy to measure things that have a dollar value. It takes a little more thought to measure your values, the things that matter most ... because life is more than money. ♦

*Karen L. Petersen, CFP® CDFA™, is a fee-based financial advisor. She graduated from Iowa State University in family resource management. You can contact her at (515) 232-2785 or [karen@mymorethanmoney.net](mailto:karen@mymorethanmoney.net).*



"Create a collage filled with images that represent your values; a collage that is really you and makes you smile each time you look at it."



Image courtesy of Karen Kerns

Karen Kerns and Karen Petersen document and develop mission statements using many tools: writing a life plan with outcomes and schedule, using collages to visualize dreams and meditation with body movement to assist in internalizing vision. For seminars, contact Kerns at kpiconi@msn.com or Petersen at karenpetersen@vzw.blackberry.net.

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# An ageless fresh start

Jalynn Haberl proves to herself and others new beginnings happen at every age. Haberl, 61, is a grandmother



**DEBRA ATKINSON**



**JALYNN HABERL**

and local substitute teacher. She was one of the contestants in last fall's Fat to Fit Challenge, co-sponsored by the Ames Tribune and Ames Racquet and Fitness Center. The challenge features a complimentary Ames Racquet and Fitness membership, personal training and nutrition support along a journey toward behavior

change for life.


Haberl is no stranger to weight loss. She has lost 100 pounds twice in her life, but the weight found her again.

She had not been regularly exercising for quite some time before starting her 10-week challenge. Scheduled classes at the gym and sessions prescribed by her trainer evolved into something far more powerful.

The following includes excerpts from Haberl's blog.

*"For roughly six years, I've been in a battle with my body ... mostly my heart. I've been in congestive heart failure and feeling tired and miserable pretty much all the time. Lately, I've been feeling better ... not build-a-barn-before-lunch better, but better. And yesterday, I was told that my blood work is finally 'normal' for a 60-year-old woman. Perhaps a scary scenario to some of you, but for this 61-year-old, a*

## MOVE OF THE MONTH



### THE 'NUMBER FOUR' STRETCH

This simple "Number Four" stretch targets tight hips, particularly the piriformis muscle. Releasing tension in the hips can help prevent lower back issues and enhance range of motion. Perform the stretch most days and be prepared for more freedom of movement in your work and your play.

To perform the Number Four stretch:

1. Lie on your back with knees bent, feet flat on the floor.
2. Cross your right ankle over the outside of the left thigh. Press the right knee away from you.
3. Reach around your left thigh with both hands and bring it toward you. Keep your head down and neck relaxed.
4. If you're very tight, do this with your left foot on the wall and slide your hips toward the wall as the muscle relaxes. Hold for 30 seconds to a minute and repeat on the other leg.

*reprieve! I've been following the restricted diet for just exactly a year, and had lost some weight, but my blood work numbers were never good."*

Haberl said more exercise was the missing piece to her puzzle for better health.

*"A funny thing happened to me on the way to the library yesterday afternoon. ... I was driving along, thinking how pretty the trees were this year, and I ended up at the gym. ... I continue to love aqua fitness ... so much so that I'm shooting for four days a week!"*

Haberl also knows about the value of positive support. Believ-

ing in yourself and taking care of yourself are also important, even when others falter for a moment, in order to maintain the consistency that is the most important aspect of change.

*"The other night, I cried all the way to the gym for an aqua aerobics class because my husband was growly about my wanting to go. We were supposed to meet another couple for dinner, and my going to the class would make us late. Still, I threw my stuff in my bag and walked out. I bawled and fumed about how supportive he HAD been and how he must not value the changes I'm trying so hard to*

*make. ... When I got home, he apologized for upsetting me, (He actually said the words, 'I'm sorry!') and told me he wants me to take care of myself, and he's proud of me for working hard. Of course, I cried again and all was well."*

Making the behavior changes necessary to reap the rewards of long-term health and fitness do not immediately bear fruit. Checking the scale is not the optimal measure of progress, but it is hard to replace with other benchmarks that matter more.

*"My jeans are two sizes smaller than the last set, (my closet has a WIDE — pun intended — range of sizes in the same brand and style), so I know there's progress."*

As her personal trainer had her pulling a "sled," carrying increasing weight loads, Haberl had an epiphany.

*"Then it hit me: My top weight was 341 pounds, and I was dragging that up and down the hall."*

Haberl has made the decision to continue her weight loss journey beyond the 10-week challenge.

*"Today I shocked myself by striding up to the counter at the north gym and buying myself a Black Friday personal training package. ... Next year at this time I plan to be ... still shocking and awing the relatives. (and myself!)"*

For more of Haberl's story, and stories from other participants, visit <http://arfcfat2fit.amestrib.com/>. ♦

Debra Atkinson, M.S., C.S.C.S., graduated from Iowa State University, where she has also taught in the department of kinesiology for 12 years. She has been a fitness professional, writing, speaking and practicing for 25 years. Reach her via email at [PTDirector@amesracfit.com](mailto:PTDirector@amesracfit.com).



# faceted woman | K'LYNN LYNN

**Name:** K'Lynn Lynn

**Age:** 54

**Position:** Realtor, Tom Randall Real Estate Team

**Family:** Husband Steve; son, Scott, who lives in Orlando; daughter, Erica, and husband, Tony Douglas, and two grandsons, TJ and Marcus, who live in Urbandale.

## What would you do with \$1,000 to spend on yourself?

I don't get to travel as much as I'd like, so I'm pretty sure my husband and I would take a vacation to someplace warm and tropical. And, of course, any leftover funds will be spent on shoes.

## Your favorite motto:

"Remember, Ginger Rogers did everything Fred Astaire did, but she did it backwards and in high heels!"



Photo courtesy of K'Lynn Lynn (second from right)

## What makes you happy?

We have a very happy household. My husband and I have been blessed with two wonderful children who are now adults and making their own ways in the world. Every day I'm amazed at what marvelous people they have become.

## What makes you laugh?

My grandchildren, of course. We have two grandsons, almost 4 years old and 18 months, who are very active, and it's so fun watching them grow and learn and make us laugh along the way.

## What have you accomplished that has made you proud?

I'm proud that I've worked

hard and been successful in real estate despite the challenges we face in the current business climate. When times are tough, that's the time to really roll up your sleeves and work harder, talk to more people, and continually strive to improve your processes. We have a fantastic team at Tom Randall Real Estate, and we are always very focused on providing the best service we possibly can.

## Best tip to look and feel great:

Smile. I have a small mirror on my desk that says, "Can your smile be heard?" I think that's great advice for everyone when they greet someone on the phone or when they order their

morning coffee. People reflect the attitude they see in you.

## My simplest pleasure:

I love to lie on the couch and watch old classic movies, particularly Westerns. (I guess that really shows my age.) If I happen to fall asleep and get a midday nap, then that's just a bonus.

## When I am an old lady:

I want to stay relevant and active. I hope to be able to travel, stay involved in the community, volunteer, and, of course, be a fun grandma.

## Favorite wardrobe staple:

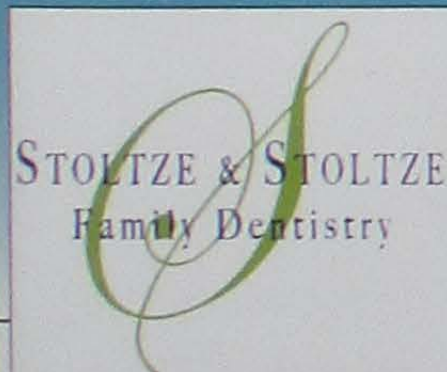
I have several pairs of black slacks. They can be dressed up or dressed down and are ap-

propriate for almost all occasions.

## How do you give back to your community?

I'm a member of a couple of service organizations, Xi Theta Omega and PEO Chapter HN. Both are philanthropic organizations, which provide service not only in money, but also in time and talent. For the past six years, I've been on the Mainstream Living Board of Directors and feel very proud of the great work this organization does. My husband's sister received services from MSL when she first arrived in Ames, and I believe we are extremely fortunate to have this quality organization in our community. ♦

♦ DO YOU KNOW A FACETED WOMAN? You can nominate her on our Facebook page at [www.facebook.com/facets magazine](http://www.facebook.com/facets%20magazine).



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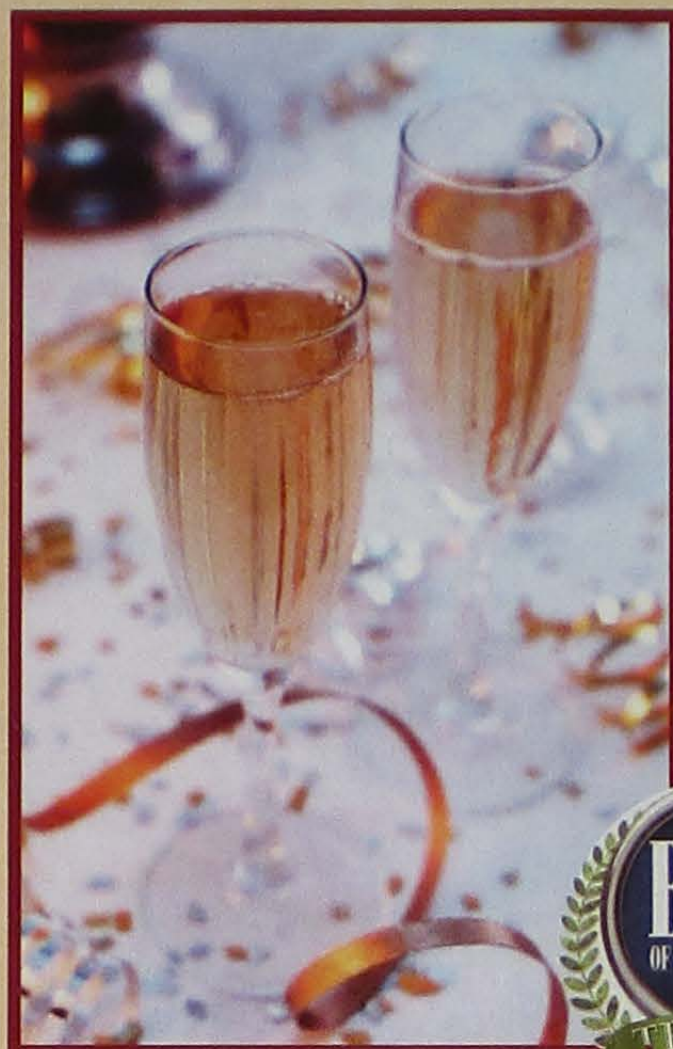




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- I will not give up things I love to do...shopping, visiting, volunteering, social events—just because of a little snow.
- I will take advantage of every opportunity, service, activity, and pampering offered—because I deserve it!
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\_\_\_\_\_

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